101 Things To Do With Ramen Noodles

BY TONI PATRICK

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GIBBS SMITH
TO ENRICH AND INSPIRE HUMANKIND
Salt Lake City | Charleston | Santa Fe | Santa Barbara

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This book is dedicated to my mother. If it weren't for her threatening to steal my idea and do the book herself, I wouldn't have done it.

101 Things to do with Ramen Noodles

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Helpful Hints

1. Your freezer is your friend. When buying meat, divide into individual portions and freeze in zipper-lock plastic bags. Buy large bags of frozen vegetables and use portions as needed. Freeze all leftovers—days will come when your pocket is empty or restaurants are closed.

2. When using vegetables, canned, fresh, and frozen are interchangeable. And remember, canned food doesn't spoil until after

it has been opened.

3. Macaroni can be used in place of ramen noodles.

4. Save all extra seasoning packets for future use. Sprinkle a seasoning packet over hamburger or chicken and brown together for a great flavor.

5. Macaroni cheese packets can be used in place of real cheese.

6. Two tablespoons dehydrated minced or chopped onion is equal to 1/4 cup fresh minced onion.

7. Salt lovers beware. Before adding extra salt, taste your food. Seasoning packets are always salty.

8. To cook noodles, follow the directions on the package unless recipe says otherwise.

9. Add more or less of any ingredient to your own liking. Be creative and enjoy yourself.

10. Low-fat or light soups, sour cream, and cream cheese can be substituted if you prefer.

Soups

Tomato Noodle Soup

1 package ramen noodles, any flavor
1 can (10.75 ounces) tomato soup, condensed

Cook noodles in water according to package directions. Do not drain. Add soup. Simmer 5 minutes, stirring occasionally. Makes 2 servings.

Minestrone

1 package ramen noodles, any flavor
1 can (10.75 ounces) tomato soup, condensed
8 ounces spicy smoked sausage, thinly sliced
1/4 cup cooked sliced celery
1/4 cup cooked sliced carrots
1/4 cup peas
1/2 cup green beans
1/2 cup canned kidney beans, rinsed and drained
salt and pepper, to taste

Cook noodles in water according to package directions. Do not drain. Add soup, sausage, and vegetables. Simmer 5–10 minutes, or until vegetables are tender. Add more water by tablespoon if soup is too thick. Season with salt and pepper. Makes 2 servings.

Egg Drop Soup

2 cups water
2 eggs, beaten
1/4 cup diced onion
1/4 cup diced celery
1/4 cup diced green bell pepper
1 package chicken ramen noodles, with seasoning packet

In a saucepan, bring water to boiling and add seasoning packet, eggs, and vegetables. Stir constantly until eggs look done. Simmer 5 minutes. Add noodles and cook 3–5 minutes more, or until noodles are tender. Makes 2 servings.

Beefed-Up Noodles

2 cups water
1/8 cup diced onion
1/8 cup sliced carrots
1/8 cup diced celery
1 sprig parsley
1 small bay leaf
1/8 teaspoon thyme leaves
1 package beef ramen noodles, with seasoning packet

In a saucepan, heat all ingredients except noodles and seasoning packet to boiling. Add seasoning packet. Reduce heat and simmer 30 minutes. Strain liquid into a separate container. Add noodles to liquid and cook 3 minutes, or until noodles are done. Makes 2 servings.

Chicken Consomme and Noodles

2 cups water
1/8 cup diced onion
1/8 cup sliced carrots
1/8 cup diced celery
1 sprig parsley
1 small bay leaf
1/8 teaspoon thyme leaves
1 package chicken ramen noodles, with seasoning packet

In a saucepan, heat all ingredients except noodles and seasoning packet to boiling. Add seasoning packet. Reduce heat and simmer 30 minutes. Strain liquid into a separate container. Add noodles to liquid and cook 3 minutes, or until noodles are done. Makes 2 servings.

Creamy Mushroom Soup

1 package ramen noodles, any flavor
1 can (10.75 ounces) cream of mushroom soup, condensed
1 cup sliced fresh mushrooms
salt and pepper, to taste

Cook noodles in water according to package directions and drain.

Prepare soup as directed on can. Mix noodles and soup together. Add mushrooms and simmer 5 minutes. Season with salt and pepper. Makes 2 servings.

Creamy Chicken Noodle Soup

1 package chicken ramen noodles, with seasoning packet
1 can (10.75 ounces) cream of chicken soup, condensed
1/2 cup diced onion
1/2 cup sliced carrots
1/2 cup sliced celery

Cook noodles in water according to package directions and drain.

Prepare soup as directed on can. Add seasoning packet and vegetables to soup. Cook over medium heat 5–10 minutes, or until vegetables are tender. Add noodles and simmer 2–3 minutes more. Makes 2 servings.

Vegetable Beef Noodle Soup

3/4 pound ground beef
1 cup chopped tomatoes
1/2 cup chopped carrots
1/2 cup chopped celery
4 cups water
2 packages beef ramen noodles, with seasoning packets

In a frying pan, brown and drain beef. Add vegetables, water, and seasoning packets. Bring to a boil and simmer 20 minutes. Add noodles and cook 3 minutes more, or until noodles are done. Makes 2–4 servings.

Summer Garden Soup

1/2 cup chopped onion
1 cup julienned zucchini
1/2 cup chopped carrots
1/4 cup butter or margarine
1 teaspoon basil
2 packages beef ramen noodles, with seasoning packets
4 cups water
1 cup green beans
1 cup chopped tomatoes

In a frying pan, cook onion, zucchini, and carrots in butter and basil over medium heat until vegetables are tender.

In a saucepan, combine cooked vegetables, noodles, water, green beans, tomatoes, and seasoning packets. Bring to boil and simmer 5 minutes. Makes 2–4 servings.

Southwest Vegetable Soup

1 can (10.75 ounces) tomato soup, condensed
1 cup water
1 can (10 ounces) enchilada sauce
1/2 cup corn
1/2 cup green beans
1/2 cup canned kidney beans, rinsed and drained
1/2 cup salsa
1/2 cup chopped cooked chicken
1 package ramen noodles, any flavor, crumbled
tortilla chips
Monterey Jack cheese, grated

Combine tomato soup, water, and enchilada sauce. Cook over medium heat until hot. Add vegetables, salsa, and chicken. Simmer 15 minutes. Add crumbled noodles and simmer 3–5 minutes more. Serve topped with chips and cheese. Makes 2 servings.

Asian Beef-Noodle Soup

1 pound ground beef, browned and drained
1 medium onion, chopped
1 tablespoon minced garlic
1 teaspoon ground ginger
5 cups water
1 medium head bok choy*
2 packages beef ramen noodles, with seasoning packets
1-1/2 teaspoons canola oil
2 tablespoons soy sauce

In a 4-quart soup pan, combine cooked beef, onion, garlic, ginger, and water, and bring to a boil. Stir in bok choy. Simmer over medium heat 3 minutes. Break noodles in half and stir into soup. Simmer 3–5 minutes more, or until noodles are done. Stir in seasoning packets, oil, and soy sauce. Makes 4–6 servings.

*To prepare bok choy for use, rinse with cold water, cut off the very bottom of the stems and discard. Cut remaining bok choy into bite-size pieces.

Salads

Spring Salad

2 packages chicken ramen noodles, with seasoning packets
2 teaspoons sesame oil
3 tablespoons lemon juice
1/3 cup vegetable oil
2 teaspoons sugar
1 cup halved red and/or green seedless grapes
1/2 cup diced red and/or green apple
1/2 cup diced pineapple chunks
3 tablespoons chopped green onion
8 ounces smoked turkey breast, cut in strips
1/4 cup walnut pieces

Cook noodles in water according to package directions and drain. Rinse with cold water. Add sesame oil and refrigerate.

For dressing, combine lemon juice, vegetable oil, seasoning packets, and sugar. Pour over noodles then add remaining ingredients. Toss to coat. Makes 2–4 servings.

Summer Picnic Salad

1 package ramen noodles, any flavor, broken up
1/4 cup alfalfa sprouts
1/2 cup peas
French dressing

Cook noodles in water according to package directions and drain. Top with alfalfa sprouts and peas. Mix with desired amount of dressing. Makes 2 servings.

Zucchini Salad

1 package ramen noodles, any flavor
1/2 cup chopped zucchini
1/2 cup chopped carrots
1/8 cup sliced olives
1 teaspoon Dijon mustard
1/2 teaspoon basil
1/4 teaspoon oregano
1/4 teaspoon garlic powder
2 tablespoons vinegar

Cook noodles in water according to package directions and drain. Add vegetables to noodles. Mix together mustard, spices, and vinegar. Add to noodle mixture and toss to coat. Makes 2 servings.

Taco Salad

2 packages beef ramen noodles, with seasoning packets
1 pound ground beef, browned and drained
1 large tomato, chopped
3/4 cup chopped onion
2 cups grated cheddar cheese
Thousand Island dressing or salsa

Cook noodles in water according to package directions and drain.

In a bowl, stir 1 seasoning packet into cooked beef. Add tomato, onion, and cheese. Spoon mixture over warm noodles and drizzle with dressing or salsa. Makes 2–4 servings.

Three-Bean Salad

1 package ramen noodles, any flavor
1/2 cup green beans
1/2 cup canned kidney beans, rinsed and drained
1/2 cup canned lima beans, rinsed and drained
1/4 cup Italian dressing
salt and pepper, to taste

Cook noodles in water according to package directions and drain. Add beans and stir in dressing. Season with salt and pepper. Makes 2 servings.

Antipasto Salad

2 packages ramen noodles, any flavor
3/4 cup cubed pepperoni
1/2 cup sliced black olives
1/4 cup sliced onion
Italian dressing

Cook noodles in water according to package directions and drain. Add pepperoni, olives, and onion. Drizzle desired amount of dressing over top and toss to coat. Makes 2–4 servings.

Pasta Salad

1 package ramen noodles, any flavor, with seasoning packet
1/2 cup mayonnaise
1 tablespoon mustard
1-1/2 teaspoons honey
1 celery stalk, chopped
1/4 cup cubed cheddar cheese
2 hard-boiled eggs, chopped

Cook noodles in water according to package directions and drain. Mix mayonnaise, mustard, and honey with half of the seasoning packet. Add noodles, celery, cheese, and eggs. Toss gently to coat. Makes 2 servings.

Oriental Chicken Salad

1 package ramen noodles, any flavor
1 cup slivered almonds
1 teaspoon vinegar
1/2 cup oil
3 teaspoons seasoned salt
1/2 teaspoon pepper
3 tablespoons sugar
4 cups shredded cooked chicken breast
3 to 6 green onions, sliced
3/4 cup sliced celery
1/4 cup sesame seeds
1/2 head lettuce, torn or shredded

Cook noodles for 1 minute and drain. Roast almonds in oven until lightly browned.

In a bowl, mix vinegar, oil, salt, pepper, and sugar. Add chicken, onions, celery, and sesame seeds. Add lettuce just before serving and toss. Makes 2–4 servings.

Fruity Ramen Salad

Dressing:

1/2 teaspoon salt
dash of pepper
1 teaspoon vegetable oil
1 tablespoon chopped parsley
2 tablespoons sugar
2 tablespoons vinegar
dash of Tabasco

Salad:

1 package ramen noodles, any flavor
1/2 cup slivered almonds
2 tablespoons sugar
1 cup diced fully cooked ham
1 small can mandarin oranges, drained

In a small bowl, combine dressing ingredients and set aside.

Cook noodles in water according to package directions, and then drain and rinse noodles with cold water.

In a frying pan, lightly brown almonds and sugar over medium heat, stirring constantly so almonds are coated in sugar.

In a bowl, mix ham, oranges, and noodles. Add dressing and toss to coat. Just before serving, add almonds and toss again. Makes 2 servings.

Water Chestnut Ramen Salad

4 packages chicken ramen noodles, with seasoning packets
1 cup diced celery
1 can (8 ounces) sliced water chestnuts, drained
1 cup chopped red onion
1 cup diced green bell pepper
1 cup peas
1 cup mayonnaise

Break each package of noodles into 4 pieces. Cook noodles in water according to package directions, and then drain and rinse noodles with cold water.

In a large bowl, stir noodles, celery, water chestnuts, onion, pepper, and peas together. Combine mayonnaise and 3 of the 4 seasoning packets. Fold mayonnaise mixture into salad. Cover and refrigerate at least 1 hour before serving. Makes 4–6 servings.

Sweet-and-Sour Salad

1 cup canola or olive oil
1/2 cup sugar
1/2 cup cider vinegar
1 tablespoon soy sauce
1/2 cup butter
1 cup chopped walnuts
1 package ramen noodles, any flavor, crushed
1 head romaine lettuce
4 cups chopped fresh broccoli
1/2 cup chopped green onions

Combine oil, sugar, vinegar, and soy sauce together and refrigerate overnight.

In a saucepan, melt butter over medium heat. Stir walnuts and noodles into butter. Stir until heated.

Tear lettuce into bite-size pieces and place in a large bowl. Add broccoli and onions. Pour dressing over top and toss to coat. Sprinkle walnuts and ramen mixture over salad. Makes 6–8 servings.

Beef Ramenoff

1/2 pound beef strips
2 cups sour cream
1 tablespoon chopped chives
1 teaspoon salt
1/8 teaspoon pepper
1 garlic clove, crushed
1/2 cup grated Parmesan cheese, divided
1 packages ramen noodles, any flavor
2 tablespoons butter or margarine

In a frying pan, brown beef until done. Add sour cream, spices, and 1/4 cup Parmesan and simmer over low heat.

Cook noodles in water according to package directions and drain. Stir butter into warm noodles until melted. Fold in beef mixture. Sprinkle with reserved cheese. Makes 2 servings.

Cheeseburger Ramen

1/2 pound ground beef
1 package beef ramen noodles, with seasoning packet
1 cup grated cheddar cheese
1 tomato, diced (optional)

In a frying pan, brown and drain beef. Season to taste with half of the seasoning packet.

Cook noodles in water according to package directions and drain. Add beef and cheese to noodles and stir until cheese is melted. Add tomatoes, if desired. Makes 2 servings.

Creamy Beef and Broccoli Noodles

3/4 pound beef sirloin, cubed
1/2 teaspoon garlic powder
1 onion, cut in wedges
2 cups broccoli pieces
1 can (10.75 ounces) cream of broccoli soup, condensed
1/4 cup water
1 tablespoon soy sauce
2 packages beef ramen noodles, with seasoning packets

In a frying pan, brown beef with garlic powder until done. Stir in onion and broccoli. Cook over medium heat until vegetables are tender. Add soup, water, and soy sauce. Simmer 10 minutes.

Cook noodles in water according to package directions and drain. Add seasoning packets. Serve beef mixture over warm noodles. Makes 2 servings.

Beef Provencale

1 pound beef strips
2 tablespoons butter or margarine
1 onion, sliced
2 tablespoons flour
1 cup water mixed with seasoning packet
1 tomato, chopped
1 can (4 ounces) sliced mushrooms, drained
1 teaspoon garlic powder
1 package beef ramen noodles, with seasoning packet

In a frying pan, brown beef until done.

In a saucepan, heat butter until golden brown. Add onion and cook until tender, then discard onion. Stir in flour, over low heat, until it is brown. Remove from heat. Add water mixture and heat to boiling, stirring constantly for 1 minute. Gently stir in tomato, mushrooms, and garlic powder.

Cook noodles in water according to package directions and drain. Top warm noodles with beef and sauce. Makes 2 servings.

Marinated Beef

3/4 pound beef strips
1 package beef ramen noodles, with seasoning packet
1/2 cup water
2 tablespoons oil
1/4 cup sliced green onion
1 tablespoon butter or margarine
1 can (14.5 ounces) diced tomatoes, drained

Marinate beef in seasoning packet, water, and oil for 30 minutes. Cook beef in marinade until done. Add onion and butter, and saute 5 minutes.

Cook noodles in water according to package directions and drain. Add tomatoes and cooked noodles to beef mixture. Simmer 5–10 minutes, or until heated through. Makes 2 servings.

Cheddar Beef Casserole

2 packages beef ramen noodles, with seasoning packets
1 pound ground beef
1/2 cup sliced celery
1/4 cup chopped green bell pepper
1/2 cup chopped onion
3 cups grated cheddar cheese
2 cups corn
1 can (6 ounces) tomato paste
1/2 cup water

Preheat oven to 350 degrees.

Cook noodles in water according to package directions; drain and set aside.

In a frying pan, brown beef with celery, pepper, and onion. Set aside.

In a 2-quart casserole dish, mix remaining ingredients with 1 seasoning packet. Add beef mixture and noodles. Bake 15–20 minutes. Makes 2–4 servings.

Beef and Broccoli Stir-Fry

1 pound beef steak strips
1 tablespoon oil
2 cups broccoli pieces
1 cup green onions, cut in strips
2 tablespoons soy sauce
1/4 teaspoon crushed red pepper
2 packages beef ramen noodles, with seasoning packets

In a frying pan, brown and drain beef. Add oil, 1 seasoning packet, broccoli, and onions. Stir-fry 5 minutes. Add soy sauce and red pepper. Simmer 5 minutes more.

Cook noodles in water according to package directions and drain. Serve beef mixture over warm noodles. Makes 2–4 servings.

Beefy Mushroom Noodles

2 packages beef ramen noodles, with seasoning packets
1-1/2 pounds beef strips
1/4 cup butter or margarine
2 cans (4 ounces each) sliced mushrooms, drained
1/4 cup flour
2 cups water mixed with seasoning packets
Worcestershire sauce

Cook noodles in water according to package directions and drain.

In a frying pan, brown and drain beef until done.

In a small saucepan, melt butter over low heat. Stir in mushrooms and brown slowly. Add flour and cook, stirring, until deep brown. Add water mixture. Heat to boiling and stir 1 minute. Add Worcestershire sauce to taste. Top warm noodles with beef and sauce. Makes 2–4 servings.

Beef Sukiyaki

1 pound stir-fry beef
2 tablespoons oil
1/2 cup water mixed with half of seasoning packet
2 tablespoons sugar
1/2 cup soy sauce
1 can (4 ounces) sliced mushrooms, drained
1/2 cup sliced green onions
1 cup sliced onion
1 celery stalk, sliced
1 small can bamboo shoots
3 cups fresh spinach
2 packages beef ramen noodles, with seasoning packets

In a frying pan, brown beef in oil until done, and then push to one side of the pan. Stir in water, sugar, and soy sauce. Add remaining ingredients except noodles and cook until tender. Cover and simmer 5 minutes. Stir together.

Cook noodles in water according to package directions and drain. Add seasoning packets. Serve beef mixture over warm noodles. Makes 2–4 servings.

Vegetable Beef Noodles

1/2 pound ground beef
1 can (8 ounces) tomato sauce
2 cups frozen mixed vegetables
1 package beef ramen noodles, with seasoning packet

In a frying pan, brown and drain beef. Add tomato sauce, seasoning packet, and vegetables to cooked beef. Simmer 10 minutes, or until vegetables are tender.

Cook noodles in water according to package directions and drain. Add noodles to beef mixture and simmer 2–3 minutes. Makes 2 servings.

Beef ’n’ Potato Noodles

1 pound ground beef
2 cups cubed potatoes
2 cups diced tomatoes
2 packages beef ramen noodles, with seasoning packets

In a frying pan, brown beef with seasoning packets until done. Add potatoes and cook until tender.

Cook noodles in water according to package directions and drain. Stir in tomatoes, then add noodles and tomatoes to beef mixture and simmer 5 minutes. Makes 2–4 servings.

Beefy Chili Noodles

1 pound ground beef
2 packages beef ramen noodles, with seasoning packets
2 cans (4 ounces each) sliced mushrooms, drained
1/2 cup chopped onion
1/2 cup chopped tomato
1 can (15 ounces) kidney beans, rinsed and drained
1/4 teaspoon chili powder
1 cup water

In a frying pan, brown and drain beef. Add remaining ingredients and 1 seasoning packet. Simmer 10 minutes over medium heat or until noodles are done. Makes 2–4 servings.

Ramen Burgers

1 package beef ramen noodles, with seasoning packet
1 pound ground beef
1 egg
hamburger buns
condiments

Cook noodles 1-1/2 minutes and drain. Add beef, egg, and half of the seasoning packet. Mix well and form into four patties. Grill or cook 5 minutes per side, or until done. Serve with the usual hamburger fixings. Makes 4 hamburgers.

Spicy Beef Noodles

2 packages ramen noodles, any flavor, with seasoning packets
1/2 pound ground beef
1/2 pound ground spicy sausage
1/2 cup diced onion
3/4 cup diced green bell pepper
3/4 cup salsa

Cook noodles in water according to package directions; drain and set aside.

In a frying pan, brown and drain beef and sausage together. Add onion, pepper, and salsa. Cook until vegetables are tender; add noodles and simmer 2–3 minutes. Makes 2–4 servings.

Spicy Meat Loaf Cheese Roll

1 pound ground beef
1 package beef ramen noodles, crushed
1 cup grated cheddar cheese
1/2 cup salsa

Preheat oven to 350 degrees.

Flatten beef into a 1/2-inch-thick rectangle. Sprinkle uncooked noodles over beef. Top with a layer of cheese. Roll from one end to the other and pinch ends to prevent cheese from melting to the outside. Top with salsa. Bake 30 minutes. Top with more salsa before serving, if desired. Makes 2–4 servings.

Country Vegetable Beef

2 cups water
2 tablespoons cornstarch
1 pound ground beef
4 cups frozen mixed vegetables
2 packages beef ramen noodles, with seasoning packets

In a small saucepan, mix water, cornstarch, and seasoning packets. Stir constantly over low heat until mixture thickens.

In a frying pan, brown and drain beef. Add vegetables and cook until tender. Add gravy and stir.

Cook noodles in water according to package directions and drain. Serve beefy gravy over warm noodles. Makes 2–4 servings.

Beefy Noodles With Gravy

1 pound beef strips
1 package beef ramen noodles, with seasoning packet
1 envelope brown gravy

In a frying pan, brown beef until done.

Cook noodles in water according to package directions; drain and set aside.

In a saucepan, cook gravy according to package directions. Top warm noodles with beef and gravy. Makes 2 servings.

Chicken

Creamy Chicken and Broccoli

3 boneless, skinless chicken breasts, cut into strips
2 cups cut-up fresh or frozen broccoli
2 cans (10.75 ounces each) cream of mushroom soup, condensed
1/2 cup water
2 packages chicken ramen noodles, with seasoning packets

In a frying pan, brown chicken until done. Add broccoli and soup to chicken; cook over medium heat until broccoli is tender. Add half of 1 seasoning packet, or to taste.

Cook noodles in water according to package directions and drain. Serve chicken and broccoli mixture over warm noodles. Makes 2–4 servings.

Spicy Chicken

3 boneless, skinless chicken breasts, cut into strips
3/4 teaspoon garlic powder
1 can (14.5 ounces) diced tomatoes with green chiles, drained
1 cup chopped green bell peppers
2 cups water
2 packages chicken ramen noodles, with seasoning packets

In a frying pan, brown chicken until done. Add garlic powder, tomatoes, peppers, water, and seasoning packets. Simmer 10 minutes. Add noodles and cook 3–5 minutes more. Makes 2–4 servings.

Cheesy Chicken Divan

2 cups fresh broccoli pieces
2 to 4 boneless, skinless chicken breasts, cut into chunks
2 packages chicken ramen noodles
1 can (10.75 ounces) cream of chicken soup, condensed
3/4 cup mayonnaise
1 teaspoon mild curry powder
salt and pepper, to taste
1 cup grated cheddar cheese

Preheat oven to 350 degrees.

Place broccoli in a saucepan and cover with water. Cook over medium heat until broccoli is tender; drain and spread in a lightly greased 9 x 9-inch casserole dish.

In a frying pan, brown chicken until done. Spread chicken over broccoli.

Cook noodles in water according to package directions and drain. Spread noodles over broccoli and chicken.

Mix together soup, mayonnaise, curry powder, salt, and pepper. Spoon mixture over broccoli, chicken, and noodles; sprinkle with cheese and bake 30 minutes. Makes 2–4 servings.

Chicken Lo Mein

1 tablespoon oil
1 tablespoon soy sauce
1 pound boneless, skinless chicken breasts, cut into strips
1/2 cup sliced onion
1/2 cup chopped green bell pepper
1/4 cup chopped carrot
1 package chicken ramen noodles, with seasoning packet

In a frying pan, mix oil, soy sauce, and half of the seasoning packet. Add chicken and brown until done. Add vegetables to chicken, and cook until tender.

Cook noodles in water according to package directions and drain. Add noodles to chicken and vegetables and cook over medium heat 3 minutes, stirring constantly. Makes 2 servings.

Chicken Hollandaise

2 to 4 boneless, skinless chicken breasts, cut into chunks
4 egg yolks
6 tablespoons lemon juice
1 cup butter or margarine, divided
2 packages chicken ramen noodles, with seasoning packets

In a frying pan, brown chicken until done. Season with half of 1 seasoning packet, or to taste.

In a small saucepan, whisk egg yolks and lemon juice briskly with a fork. Add 1/2 cup butter and stir over low heat until melted. Add remaining butter, stirring briskly until butter melts and sauce thickens.

Cook noodles in water according to package directions and drain. Top warm noodles with chicken and sauce. Makes 2–4 servings.

Chicken Veloute

1 pound boneless, skinless chicken breasts, cut into chunks
2 tablespoons butter or margarine
2 tablespoons flour
1 cup water mixed with seasoning packet
1/8 teaspoon nutmeg
1 package chicken ramen noodles, with seasoning packet

In a frying pan, brown chicken until done.

In a saucepan, melt butter over low heat. Mix in flour, stirring until smooth and bubbly. Remove from heat. Stir in water mixture and nutmeg. Heat to boiling, stirring 1 minute. Add chicken and simmer over low heat.

Cook noodles in water according to package directions and drain. Top warm noodles with chicken and sauce. Makes 2 servings.

Chicken Curry

2 boneless, skinless chicken breasts
1/4 cup butter or margarine
1/4 cup flour
1/2 teaspoon curry powder
2 cups milk
2 packages chicken ramen noodles, with seasoning packets

In a frying pan, brown chicken until done. Set aside.

In a small saucepan, melt butter. Stir in flour, curry powder, and 1 seasoning packet. Cook on low heat, stirring until smooth and bubbly. Add milk and heat to boiling, stirring 1 minute. Add chicken and simmer over low heat.

Cook noodles in water according to package directions and drain. Top warm noodles with chicken and sauce. Makes 2 servings.

Chicken Diablo

2 boneless, skinless chicken breasts, cut into chunks
1 package chicken ramen noodles, with seasoning packet
2 tablespoons butter or margarine
2 tablespoons flour
1 cup water mixed with seasoning packet
2 tablespoons chopped onion
1 tablespoon vinegar
1 tablespoon chopped parsley
1/4 teaspoon tarragon leaves
1/4 teaspoon thyme leaves

In a frying pan, brown chicken until done. Cook noodles in water according to package directions; drain and set aside.

In a small saucepan, heat butter over low heat until golden brown. Blend in flour, stirring until deep brown. Remove from heat. Add water mixture, onion, vinegar, and herbs, and heat to boiling, stirring 1 minute. Top warm noodles with chicken and sauce. Makes 2 servings.

Creamy Chicken Noodles

1 package chicken ramen noodles, with seasoning packet
1 can (10.75 ounces) cream of chicken soup, condensed
1/4 cup diced onion
1 small can chicken

Cook noodles in water according to package directions and drain.

In a saucepan, heat soup, onion, chicken, and just under half of the seasoning packet, over medium heat 5 minutes. Top warm noodles with soup mixture. Makes 2 servings.

Chicken with Mushrooms

1/4 cup butter or margarine
1 pound boneless, skinless chicken tenders, cut into chunks
2 cups sliced fresh mushrooms
2 packages chicken ramen noodles, with seasoning packets

In a frying pan, melt butter and brown chicken until done. Add mushrooms and saute 5 minutes, or until tender.

Cook noodles in water according to package directions and drain. Add 1 seasoning packet. Top warm noodles with chicken and mushrooms. Makes 2–4 servings.

Chicken Allemande

2 boneless, skinless chicken breasts, cut into chunks
2 packages chicken ramen noodles, with seasoning packets
2 tablespoons flour
salt and pepper, to taste
1/8 teaspoon nutmeg
1 egg yolk
1 cup water mixed with 1 seasoning packet
2 tablespoons butter or margarine, melted
2 tablespoons cream
1 teaspoon lemon juice

In a frying pan, brown chicken until done.

Cook noodles in water according to package directions and drain.

In a saucepan, mix flour, salt, pepper, and nutmeg together. Beat egg yolk and water mixture together, and then stir into flour mixture. Heat to boiling and boil 1 minute, stirring constantly. Remove from heat. Stir in butter, cream, and lemon juice. Add chicken and simmer 2–3 minutes. Top warm noodles with chicken and sauce. Makes 2 servings.

Chicken Alfredo

2 boneless, skinless chicken breasts, cut in strips
2 packages ramen noodles, any flavor
1 cup butter or margarine
1 cup cream
2 cups grated Parmesan cheese
2 tablespoons parsley flakes
1/2 teaspoon salt
pepper

In a frying pan, brown chicken until done.

Cook noodles in water according to package directions and drain.

Heat butter and cream in a small saucepan over low heat until butter melts. Stir in remaining ingredients. Keep warm over low heat. Top warm noodles with chicken and sauce. Makes 2 servings.

Ramen Fajitas

2 boneless, skinless chicken breasts, cut in strips
1-1/2 cups sliced onion
1 cup sliced red or green bell peppers
2 cups salsa
2 packages ramen noodles, any flavor
1/2 cup sour cream

In a frying pan, brown chicken until done. Add onion, peppers, and salsa and cook over medium heat until vegetables are tender.

Cook noodles in water according to package directions and drain. Serve chicken mixture over warm noodles and top with sour cream. Makes 2 servings.

Italian Chicken

2 packages ramen noodles, any flavor
2 boneless, skinless chicken breasts, cut into chunks
1 cup Italian dressing, divided

Cook noodles in water according to package directions and drain. If possible, let chicken marinate overnight in 1/2 cup dressing.

In a frying pan, cook chicken in the dressing until golden brown. Drizzle remaining dressing on noodles and toss. Top with chicken. Makes 2 servings.

Fiesta Chicken

1 pound boneless, skinless chicken breasts, cut into chunks
olive oil
1/2 cup corn
1/2 cup black beans, drained and rinsed
1/2 cup chopped red bell pepper
2 packages cajun chicken ramen noodles, with seasoning packets
2 to 3 tablespoons sour cream
2 tablespoons salsa

In a frying pan, brown chicken in olive oil. Add corn, black beans, and pepper. Saute over low heat until heated through and vegetables are tender.

Cook noodles in water according to package directions and drain. Add seasoning packets. Combine noodles with chicken mixture. Stir in sour cream and salsa. Makes 2–4 servings.

Cheesy Chicken Casserole

1/4 cup chopped onion
2 tablespoons butter or margarine
1 can (10.75 ounces) cream of chicken soup, condensed
1/2 cup milk
1 package chicken ramen noodles, with seasoning packet
1 cup grated sharp cheddar cheese
1 small can white chicken chunks, drained

Preheat oven to 350 degrees.

In a saucepan, saute onion in butter until tender. Add soup, milk, and just under half of the seasoning packet. Stir until smooth.

Cook noodles in water according to package directions and drain. Add cheese, chicken, and soup mixture. Stir until cheese is melted. Pour into a 1-quart greased casserole dish and bake 30 minutes. Makes 2 servings.

Chicken ’n’ Asparagus

4 boneless, skinless chicken breasts

2 packages chicken ramen noodles, with seasoning packets

2 cans (10.75 ounces each) cream of asparagus or mushroom soup, condensed

1 cup milk

1/2 pound fresh asparagus, cut up

1 cup grated cheddar cheese

In a frying pan, brown chicken until done. Add remaining ingredients, except cheese and 1 seasoning packet. Simmer over low heat 10 minutes, or until noodles are done. Sprinkle with cheese before serving. Makes 4 servings.

Chinese-Style Ramen

1/2 pound boneless, skinless chicken breasts, cut into chunks
1/4 cup water chestnut halves
1/2 cup snow peas
1/3 cup bean sprouts
1/4 cup celery
2 to 3 teaspoons oil
1 package Oriental ramen noodles, with seasoning packet
1 tablespoon soy sauce

In a frying pan, brown chicken until done. Add water chestnuts, snow peas, bean sprouts, celery, and oil. Saute until vegetables are tender.

Cook noodles in water according to package directions and drain. Add seasoning packet. Spoon vegetables over warm noodles and sprinkle with soy sauce. Makes 2 servings.

Chicken Milano

1 pound boneless, skinless chicken breasts, cut into chunks
2 teaspoons minced garlic
1 tablespoon olive oil
1/2 cup chopped sun-dried tomatoes
1 tablespoon basil
1/2 cup chicken broth
2 packages chicken ramen noodles, with seasoning packets
salt and pepper, to taste

In a frying pan, brown chicken and garlic in oil until done. Add sun-dried tomatoes, basil, and chicken broth. Simmer over low heat 5 minutes.

Cook noodles in water according to package directions and drain. Add 1 seasoning packet. Serve chicken mixture over warm noodles. Season with salt and pepper. Makes 2–4 servings.

All-American Ramen

2 packages ramen noodles, any flavor, with seasoning packets
1/4 cup chopped onion
4 hot dogs, sliced
1 cup grated cheddar cheese

Cook noodles in water according to package directions and drain. Add seasoning packets.

In a frying pan, saute onion and hot dogs together until heated through. Add hot dog mixture to noodles. Add cheese and stir until melted. Makes 2–4 servings.

Ham Omelets

2 packages ramen noodles, any flavor, with seasoning packets
2 tablespoons butter or margarine
6 eggs, beaten
1 cup chopped ham
1/2 cup chopped onion
1/2 cup chopped green bell pepper
1/2 to 1 cup grated Swiss cheese

Cook noodles in water according to package directions and drain. Add seasoning packets.

In a frying pan, melt butter, and then add beaten eggs. Fold in noodles and remaining ingredients. Cook until light brown. Makes 2–4 servings.

Pork Chop Ramen

4 pork chops
1 teaspoon oil
1/2 cup sliced onion
1 can (10.75 ounces) cream of celery soup, condensed
1/2 cup water
2 packages pork ramen noodles, with seasoning packets

In a frying pan over medium heat, brown pork chops in oil 5 minutes per side, or until done, and drain. Add onion, soup, and water. Simmer over low heat 10 minutes.

Cook noodles in water according to package directions and drain. Add seasoning packets. Serve pork chops and sauce over warm noodles. Makes 4 servings.

Cheesy Bacon Noodles

2 packages ramen noodles, any flavor
2 cups grated cheddar cheese
1/2 to 1 cup bacon, cooked and crumbled
salt and pepper, to taste

Cook noodles in water according to package directions and drain. Add cheese immediately and stir until melted. Stir in bacon and season with salt and pepper. Makes 2–4 servings.

Brats ’n’ Noodles

2 packages ramen noodles, any flavor, with seasoning packets
4 bratwursts or cheddarwursts, sliced

Boil noodles and brats together. Drain and stir in 1 seasoning packet. Makes 2–4 servings.

Pork and Peppers

2 pork chops
1/4 cup chopped red bell pepper
1/4 cup chopped green bell pepper
2 tablespoons chopped onion
1 package pork ramen noodles, with seasoning packet
2 tablespoons butter or margarine
2 tablespoons flour
1 cup water mixed with seasoning packet
1 tablespoon vinegar
1/4 teaspoon tarragon leaves
1/4 teaspoon thyme leaves

In a frying pan, brown pork chops until done and then remove. Saute peppers and onion in drippings until tender.

Cook noodles in water according to package directions and drain.

In a small saucepan, heat butter over low heat until light brown. Add flour, stirring until deep brown. Remove from heat. Add remaining ingredients. Heat to boiling and stir 1 minute. Top warm noodles with pork chops and sauce. Makes 2 servings.

Hungarian Skillet Meal

1 package ramen noodles, any flavor
1/2 pound pork strips
1 can (8 ounces) tomato sauce
1/4 cup thinly sliced onion
1 teaspoon paprika
1/3 cup sour cream

Cook noodles in water according to package directions and drain.

In a frying pan, brown pork until done. Add tomato sauce, onion, paprika, and noodles. Cook over low heat until onion is tender. Stir in noodles. Remove from heat and add sour cream. Makes 2 servings.

Lean Pork Steak

2 packages pork ramen noodles, with seasoning packets
2 lean pork steaks, cut into bite-size pieces
1 teaspoon dried minced onion
3/4 cup water

Cook noodles in water according to package directions and drain.

In a frying pan, cook steak pieces until done. Add onion, water, and seasoning packets. Simmer, covered, 10 minutes. Stir in noodles and simmer 3–5 minutes more. Makes 2 servings.

Tropical Ramen

2 packages ramen noodles, any flavor
2 cups fully cooked ham, cut in strips
1 cup pineapple chunks
1 cup crispy Chinese noodles
1 stalk celery, sliced

Cook noodles in water according to package directions and drain. Rinse with cold water.

Stir in ham, pineapple, crispy noodles, and celery. Makes 2 servings.

Seafood

Cheesy Tuna Ramen

2 packages ramen noodles, any flavor
2 cans (10.75 ounces each) cream of mushroom soup, condensed
1 cup milk
2 cans tuna, drained
2 cups peas
2 cups grated cheddar cheese

Cook noodles in water according to package directions and drain. Add soup, milk, tuna, and peas. Simmer 5 minutes. Sprinkle cheese over top and serve. Makes 2–4 servings.

Shrimp Ramen

1 package Oriental ramen noodles, with seasoning packet
1 can (10.75 ounces) cream of celery soup, condensed
1 can shrimp, drained
salt and pepper, to taste

Cook noodles in water according to package directions and drain. Add just under half of the seasoning packet. Add soup, shrimp, salt, and pepper. Cook 10 minutes over medium heat. Makes 2 servings.

Cheesy Salmon Noodles

1 package ramen noodles, any flavor
1 can (10.75 ounces) cream of mushroom soup, condensed
1/2 cup milk
1 small can salmon, drained
1 cup cooked spinach or asparagus
1 cup grated cheddar cheese

Cook noodles in water according to package directions and drain. Add soup, milk, salmon, and broccoli. Simmer 5 minutes. Sprinkle cheese over top and serve. Makes 2 servings.

Tuna Noodle Casserole

2 cans tuna, drained
1 cup grated cheddar cheese
1/2 cup water
1 cup milk
2 eggs, beaten
2 packages chicken ramen noodles, broken up, with seasoning packets
10 to 20 saltine crackers, crushed

Preheat oven to 350 degrees.

In a bowl, mix tuna, cheese, water, milk, eggs, and 1 seasoning packet. Transfer mixture to a casserole dish. Add broken uncooked noodles. Bake 15 minutes, stirring occasionally. Sprinkle crackers over top and bake 5 minutes more. Makes 2–4 servings.

Creamy Mushroom Shrimp Ramen

1 package Oriental ramen noodles, with seasoning packet
1 can (10.75 ounces) cream of mushroom soup, condensed
1 can shrimp, drained
1 cup sliced fresh mushrooms

Cook noodles in water according to package directions; do not drain. Add soup, shrimp, mushrooms, and half of the seasoning packet. Cook 10 minutes over medium heat. Makes 2 servings.

Twice-Baked Tuna Casserole

2 packages ramen noodles, any flavor, with seasoning packets
2 cans tuna, drained
1 cup cheese
1/2 cup chopped onion
1 cup crushed potato chips

Preheat oven to 350 degrees.

Cook noodles in water according to package directions and drain. Season with 1 seasoning packet. Mix tuna, cheese, onion, and noodles together in a small casserole dish and bake 15–20 minutes. Sprinkle chips over top and bake 15 minutes more. Makes 2–4 servings.

Garlic Shrimp ’n’ Veggies

1 green bell pepper, thinly sliced
1 red bell pepper, thinly sliced
1/2 small onion, thinly sliced
1-1/2 tablespoons minced garlic
3 to 4 tablespoons olive oil
2 cups cooked small shrimp, peeled and deveined
2 packages Oriental ramen noodles, with seasoning packets

In a frying pan, saute peppers, onion, and garlic in olive oil until tender. Add shrimp and 1 seasoning packet. Simmer 3–5 minutes.

Cook noodles in water according to package directions and drain. Add half of remaining seasoning packet. Serve shrimp mixture over noodles. Makes 2–4 servings.

Family Favorites

Meaty Spaghetti

2 packages ramen noodles, any flavor
1 to 2 cups spaghetti sauce
1 pound ground beef or sausage, browned and drained
grated Parmesan cheese

Cook noodles in water according to package directions and drain.

In a saucepan, heat sauce and cooked beef over medium heat 3–5 minutes, or until heated through. Spoon sauce over warm noodles and then sprinkle with cheese. Makes 2–4 servings.

Cheesy Noodles

2 packages ramen noodles, any flavor
1 cup cubed American processed cheese
1/2 to 3/4 cup milk
salt and pepper, to taste

Cook noodles in water according to package directions and drain. Add cheese and milk and stir until cheese is melted. Season with salt and pepper. Makes 2–4 servings.

Ramen Nachos

1 package beef ramen noodles, broken up, with seasoning packet
1/2 cup cubed American processed cheese
1 cup chili
1 cup crushed corn chips
sour cream
green onion, chopped

Cook noodles in water according to package directions and drain. Add half of the seasoning packet.

In a saucepan, stir warm noodles, cheese, chili, and crushed chips together over low heat until cheese is melted. Garnish with sour cream and green onion. Makes 2 servings.

Garlic Noodle Saute

2 packages chicken ramen noodles, with seasoning packets
2 cups sliced fresh mushrooms
1/2 red onion, sliced
1 tablespoon minced garlic
olive oil

Cook noodles in water according to package directions and drain. Season with 1 seasoning packet.

In a frying pan, saute mushrooms, onion, and garlic in olive oil until tender. Add warm noodles and saute 2 minutes. Makes 2–4 servings.

Creamy Alfredo Noodles

2 packages ramen noodles, any flavor
1 cup butter or margarine
1 cup cream
2 cups freshly grated Parmesan cheese
1 teaspoon garlic salt
Italian seasoning, to taste
pepper, to taste

Cook noodles in water according to package directions and drain.

In a saucepan, heat butter and cream over low heat until butter is melted. Stir in remaining ingredients. Simmer sauce 5 minutes. Serve sauce over warm noodles. Makes 2–3 servings.

Mexican Casserole

2 packages chicken mushroom ramen noodles, with seasoning packets
1 cup cubed Monterey Jack cheese
1/2 cup diced green chiles
1/4 cup sliced black olives
1 cup sour cream
1 cup grated cheddar cheese
1/4 cup grated Parmesan cheese
1/2 cup crushed corn chips

Preheat oven to 400 degrees.

Cook noodles in water according to package directions; rinse with cold water. Combine noodles, seasoning packets, Monterey Jack cheese, chiles, and olives. Stir in sour cream. Spoon noodle mixture into a greased casserole dish. Sprinkle with remaining cheeses and chips. Bake 20 minutes, or until brown and bubbly. Makes 2–4 servings.

Pizza Pasta

2 packages ramen noodles, any flavor
2 to 3 cups spaghetti sauce
20 to 25 pepperoni slices, halved
3/4 cup chopped green bell pepper
1/2 cup grated cheddar cheese
1 cup grated mozzarella cheese

Preheat oven to 350 degrees.

Cook noodles in water according to package directions and drain.

In a saucepan, combine sauce, pepperoni, pepper, and cheddar cheese. Stir constantly until cheese is melted.

Place noodles in a lightly greased 8 x 8-inch pan. Pour sauce mixture over top. Sprinkle with mozzarella cheese. Bake 15 minutes, or until cheese is melted. Makes 2–4 servings.

Lasagna

2 packages ramen noodles, any flavor
2 cups spaghetti sauce
1 cup ricotta cheese
1 cup grated mozzarella cheese
1 cup Parmesan cheese

Preheat oven to 350 degrees.

Cook noodles in water according to package directions and drain. Stir sauce into noodles.

In an 8 x 8-inch pan, layer half of the noodle mixture, ricotta, mozzarella, and Parmesan cheeses. Repeat layers. Bake 20 minutes. Makes 2–4 servings.

Primavera Pasta

1/4 cup slivered almonds
1 cup chopped broccoli
1 cup snow peas
1 cup sliced red bell pepper
1/2 cup thinly sliced carrots
1/2 cup thinly sliced red onion
3 tablespoons vegetable oil
2 packages chicken ramen noodles, broken up
1-1/2 cups water

In a frying pan, toast almonds until lightly browned and then set aside. Stir-fry vegetables in oil 3–4 minutes. Add broken noodles and water. Steam 3–5 minutes, or until noodles are done, stirring occasionally. Top with almonds and serve. Makes 2–4 servings.

Beer Noodles

2 tablespoons vegetable oil
1 package ramen noodles, any flavor, broken up
1 can (10.5 ounces) onion soup, condensed
1 soup can beer

Heat oil in a saucepan over medium heat. Add noodles and lightly brown, stirring constantly. Add soup and beer. Cover and simmer 10 minutes. Drain noodles and serve. Makes 2 servings.

Parmesan Noodles

2 packages ramen noodles, any flavor
1/2 cup grated Parmesan cheese
salt and pepper, to taste

Cook noodles in water according to package directions and drain. Add Parmesan to warm noodles and stir until cheese is melted. Sprinkle with more Parmesan cheese if desired. Season with salt and pepper. Makes 2–4 servings.

Cheesy Ranch Ramen

2 packages finely chopped ramen noodles, any flavor
1 cup ranch dressing
2 cups grated cheddar cheese

Cook noodles in water according to package directions and drain. Add ranch dressing and cheese to noodles and cook over low heat, stirring constantly, until cheese is melted. Makes 2–4 servings.

Buttery Chive Noodles

2 packages ramen noodles, any flavor
2 tablespoons butter or margarine
1/2 cup chopped chives
salt and pepper, to taste

Cook noodles in water according to package directions and drain. Add butter to warm noodles and stir until melted. Add chives and season with salt and pepper. Makes 2–4 servings.

Ramen Trail Mix

3 packages ramen noodles, any flavor
15 small sticks beef jerky, cut into small pieces
1/2 pound dried apricots, cut into small pieces*
1/2 cup dried cranberries, blueberries, cherries, or bananas
2 cups dry roasted peanuts

Break noodles into a bowl. Add remaining ingredients and stir. Makes 12 cups.

Variation: For a more traditional trail mix, omit the beef jerky and fruit. Add 1 pound plain chocolate-coated candies, 1 cup raisins, 1 cup sunflower seeds, and 3 cups granola cereal to broken up noodles and stir.

*Any dried fruit combination may be substituted.

Ramen Haystacks

2 cups butterscotch chips
1 tablespoon butter
1 tablespoon milk
1 package ramen noodles, any flavor, crumbled

In a saucepan, heat butterscotch, butter, and milk over low heat until chips are completely melted. Stir crumbled, uncooked noodles into butterscotch mixture until coated. Place spoon-sized balls on wax paper, and refrigerate until cool. Makes 4–6 servings.

Chocolate Chinos

2 packages ramen noodles, any flavor
3 cups milk chocolate chips
2 cups mini marshmallows
1/2 cup coconut
1/2 cup chopped walnuts

Preheat oven to 350 degrees.

Do not break noodles. Put blocks of noodles in a lightly greased 8 x 8-inch pan. Cover with layers of chocolate chips and marshmallows. Heat in warm oven until marshmallows and chocolate chips are melted. Layer remaining ingredients over top and refrigerate. When cooled, cut into bars. Makes 6–8 servings.

Peach Treats

1 cup cream
1 small can peaches, drain and reserve juice
1/2 cup peach juice (from can)
1/4 cup brown sugar
1 package ramen noodles, any flavor, crushed
1/2 cup crushed frosted flakes

Preheat oven to 350 degrees.

In a small casserole dish, mix cream, peaches, peach juice, and brown sugar. Add crushed noodles, making sure they are completely covered by cream mixture. Bake 5 minutes. Sprinkle frosted flakes over top and bake 5 minutes more. Makes 2 servings.

Maple and Brown Sugar Ramenmeal

1 package ramen noodles, any flavor
1 cup milk
1 tablespoon syrup
1 tablespoon brown sugar

Crumble ramen into a microwave-safe bowl. Pour on milk, syrup, and sugar. Heat in the microwave on high 4 minutes, stirring occasionally. Makes 2 servings.

Variation: If you'd rather have something fruity, omit the syrup and sugar and add 1 banana, sliced, 1 cup of blueberries, or a mixture of 1/2 diced apples, 1 teaspoon cinnamon, and 1 tablespoon sugar.

Vegetable Entrees

Broccoli-Cauliflower Ramen

1 can (10.75 ounces) cream of celery soup, condensed
1/2 cup milk
1 cup broccoli pieces
1/2 cup cauliflower pieces
1/2 cup sliced carrots
1 package ramen noodles, any flavor, with seasoning packet

In a saucepan, heat soup and milk to boiling. Stir in vegetables and heat to boiling. Reduce heat and simmer 15 minutes.

Cook noodles in water according to package directions and drain. Add seasoning packet. Top warm noodles with soup mixture. Makes 2 servings.

Cheesy Vegetable Ramen

1 package ramen noodles, any flavor, with seasoning packet
1 cup frozen mixed vegetables
1 tablespoon water
1 small jar creamy cheese sauce, condensed

Cook noodles in water according to package directions and drain. Add half of the seasoning packet and set aside.

In a frying pan, cook vegetables in water until tender. Add cheese sauce to vegetables and heat through. Stir in noodles. Makes 2 servings.

Hollandaise Vegetables

1 package chicken ramen noodles, with seasoning packet
2 egg yolks
3 tablespoons lemon juice
1/2 cup butter or margarine, divided
1 cup fresh or frozen mixed vegetables

Cook noodles in water according to package directions, and drain.

In a saucepan, whisk egg yolks and lemon juice briskly with a fork. Add half of the butter and stir over low heat until melted. Add remaining butter, stirring briskly until melted and sauce thickens. Cook vegetables and drain. Top warm noodles with vegetables and sauce. Makes 2 servings.

Veggie Saute

1 package ramen noodles, any flavor, with seasoning packet
1/2 cup sliced onion
1/2 cup diced tomato
1 can (4 ounces) mushrooms, drained
1/2 cup chopped green bell pepper
1 teaspoon garlic powder
2 tablespoons oil

Cook noodles in water according to package directions and drain. Season noodles with half of the seasoning packet.

In a frying pan, saute vegetables in garlic powder and oil over low heat until tender. Stir in warm noodles and serve. Makes 2 servings.

Chinese Fried Noodles

2 packages Oriental ramen noodles, with seasoning packets
1 cup frozen peas and carrots
2 eggs
1 to 2 teaspoons oil
2 to 3 tablespoons soy sauce

Cook noodles in water according to package directions and drain. Add seasoning packets. Heat vegetables in microwave until heated through and add to warm noodles.

In a frying pan, fry eggs in oil; break yolk and cook until hard, flipping occasionally. Cut eggs into pieces. Stir into noodle mixture. Sprinkle soy sauce over top and stir together, adding more if necessary. Makes 2–4 servings.

Tomato Saute

2 packages ramen noodles, any flavor, with seasoning packets
1 cup butter or margarine
2 cans (14.5 ounces each) diced tomatoes
2 teaspoons minced garlic

Cook noodles in water according to package directions and drain.

In a frying pan, melt butter. Add tomatoes, garlic, seasoning packets, and noodles and stir. Season with salt and pepper. Simmer 5 minutes. Makes 2–4 servings.

Garlic Cilantro Noodles

2 packages Oriental ramen noodles, with seasoning packets
2 cups fresh or frozen mixed vegetables
1 teaspoon minced garlic
2 tablespoons fresh chopped cilantro

Cook noodles and vegetables in water together and drain. Add garlic, cilantro, and seasoning packets. Simmer over low heat 5 minutes, stirring occasionally. Makes 2–4 servings.

Chinese Veggie Noodles

1 package Oriental ramen noodles, with seasoning packet
1 cup frozen stir-fry vegetables
1-1/2 teaspoons olive oil
1 tablespoon soy sauce

Cook noodles in water according to package directions and drain. Add seasoning packet.

In a frying pan, saute vegetables in olive oil until heated through and add to warm noodles. Sprinkle soy sauce over top and stir together. Season with salt and pepper. Makes 2 servings.

Corny Cheese Noodles

1 package ramen noodles, any flavor, with seasoning packet
1-1/2 cups grated cheddar cheese
1 can (14 ounces) creamed corn

Cook noodles in water according to package directions and drain. Add seasoning packet.

In a saucepan, heat cheese and corn over medium heat. Mix with warm noodles. Makes 2 servings.

Metric Conversion Chart

Volume Measurements		Weight Measurements		Temperature Conversion	
U.S.	**Metric**	**U.S.**	**Metric**	**U.S.**	**Metric**
1 teaspoon	5 ml	1/2 ounce	15 g	250	120
1 tablespoon	15 ml	1 ounce	30 g	300	150
1/4 cup	60 ml	3 ounces	90 g	325	160
1/3 cup	75 ml	4 ounces	115 g	350	180
1/2 cup	125 ml	8 ounces	225 g	375	190
2/3 cup	150 ml	12 ounces	350 g	400	200
3/4 cup	175 ml	1 pound	450 g	425	220
1 cup	250 ml	2-1/4 pounds	1 kg	450	230

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